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CLAIMS

1. A vegetable fat, characterized in that at least 90% of the fatty acids that it comprises are fatty acids with 16 to 18 carbon atoms, in that it comprises from 12 to 18% of linoleic acid relative to the total fatty acids, and in that it has a water content of less than 0.4% of the total mass.
- 10 2. The fat as claimed in claim 1, characterized in that it comprises from 25 to 30% of saturated fatty acids relative to the total fatty acids.
- 15 3. The fat as claimed in either one of claims 1 and 2, characterized in that it comprises from 45 to 60% of monounsaturated fatty acids relative to the total fatty acids.
- 20 4. The fat as claimed in any one of claims 1 to 3, characterized in that it comprises from 10 to 30% of polyunsaturated fatty acids relative to the total fatty acids.
- 25 5. The fat as claimed in any one of claims 1 to 4, characterized in that it comprises less than 1% of trans fatty acids relative to the total fatty acids.
- 30 6. The fat as claimed in any one of claims 1 to 5, characterized in that it comprises less than 0.3% of trans fatty acids relative to the total fatty acids.
- 35 7. The fat as claimed in any one of claims 1 to 6, characterized in that it comprises from 3 to 7% of linolenic acid relative to the total fatty acids.
8. The fat as claimed in any one of claims 1 to 7, characterized in that the ratio of omega-6 fatty

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acids to omega-3 fatty acids is less than 7.

9. The fat as claimed in any one of claims 1 to 8, characterized in that it contains optionally fractionated palm oil and rapeseed oil.
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10. The fat as claimed in any one of claims 1 to 9, characterized in that the palm oil and the rapeseed oil are in respective proportions of between 30:70 and 50:50.
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11. The fat as claimed in any one of claims 1 to 10, characterized in that it comprises vitamins, emulsifiers, salt, dyes or flavourings.
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12. The fat as claimed in any one of claims 1 to 11, characterized in that its melting point is between 35°C and 45°C.
- 20 13. The use of a fat as claimed in any one of claims 1 to 12, in the formulation of a food product.
14. A food product, characterized in that it is produced using a fat as claimed in any one of claims 1 to 13.
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15. The product as claimed in claim 14, characterized in that it is a sponge cake or a cereal bar.
- 30 16. A method for preparing a food product, characterized in that it uses at least one fat as claimed in any one of claims 1 to 12.